

A Antiosteoarthritic

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Dosage	References
ASCORBIC-ACID	1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
BORON	--	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
SELENIUM	--	*
SULFUR	--	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
SUPEROXIDE-DISMUTASE	--	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
TOCOPHEROL	--	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
VITAMIN-E	--	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.